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Wiki Assignment #3

Seminar in Applied Theory and Research 1

CBSE 7201T

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**Problem**: Obesity is a growing problem across America that has no preference. It effects babies, adolescents, adults and the elderly. My goal in executing this research is to focus on obesity within children so as to help them for their future to hopefully break the curse of obesity in their lives. By implementing a healthy nutritional diet and an exercise plan I hope to educate my students on healthier life style.

**Hypothesis**: Implementing a Healthy Nutritional Diet and an exercise plan 3x a week, for 30 min, for 1 month, before lunch, at an urban school in Brooklyn, will motivate 9 JHS level students to choose a healthier diet, with less fatty foods and exercise on a regular basis.